

# Trinity Academy St Peter's

## PSHE Long Term Plan

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Being me in the world	Celebrating difference	Dreams and goals	Healthy me	Relationships	Changing me
EYFS	<ul style="list-style-type: none"> <li>• Who...me</li> <li>• How am I feeling today</li> <li>• Being at nursery / reception</li> <li>• Gentle hands</li> <li>• Our Rights</li> <li>• Our responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>• What am I good at?</li> <li>• I'm special, I'm me</li> <li>• Families</li> <li>• Houses and homes</li> <li>• Making friends</li> <li>• Standing up for yourself</li> </ul>	<ul style="list-style-type: none"> <li>• Challenge</li> <li>• Never give up</li> <li>• Setting a goal</li> <li>• Obstacles and support</li> <li>• Flight to the future</li> <li>• Footprints awards</li> </ul>	<ul style="list-style-type: none"> <li>• Everybody's body</li> <li>• We like to move it, move it!</li> <li>• Food glorious food</li> <li>• Sweet dreams</li> <li>• Keeping clean</li> <li>• Stranger danger</li> </ul>	<ul style="list-style-type: none"> <li>• My family and me</li> <li>• Make friends, make friends, never ever break friends! Part 1</li> <li>• Make friends, make friends, never ever break friends! Part 2</li> <li>• Falling out and bullying Part 1</li> <li>• Falling out and bullying Part 2</li> <li>• Being the best friends we can be</li> </ul>	<ul style="list-style-type: none"> <li>• My body</li> <li>• Respecting my body</li> <li>• Growing up</li> <li>• Fun and fears part 1</li> <li>• Fun and fears part 2</li> <li>• Celebration</li> </ul>

Key Stage 1

<p>Mars (Year 1)</p>	<ul style="list-style-type: none"> <li>• Special and safe</li> <li>• My class</li> <li>• Rights and responsibilities</li> <li>• Rewards and feeling proud</li> <li>• Consequences</li> <li>• Owing our Learning Charter</li> </ul>	<ul style="list-style-type: none"> <li>• The same as...</li> <li>• Different from...</li> <li>• What is bullying</li> <li>• What do I do about bullying?</li> <li>• Making new friends</li> <li>• Celebrating difference; celebrating me</li> </ul>	<ul style="list-style-type: none"> <li>• My treasure chest of success</li> <li>• Steps to goals</li> <li>• Achieving together</li> <li>• Stretchy learning</li> <li>• Overcoming obstacles</li> <li>• Celebrating success</li> </ul>	<ul style="list-style-type: none"> <li>• Being healthy</li> <li>• Healthy choices</li> <li>• Clean and healthy</li> <li>• Medicine safety</li> <li>• Road safety</li> <li>• Happy, healthy me</li> </ul>	<ul style="list-style-type: none"> <li>• Families</li> <li>• Making friends</li> <li>• Greetings</li> <li>• People who help us</li> <li>• Being my own best friend</li> <li>• Celebrating my special relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Life cycles</li> <li>• Changing me</li> <li>• My body changes</li> <li>• Learning and growing</li> <li>• Coping with changes</li> </ul>
<p>Saturn (Year 2)</p>	<ul style="list-style-type: none"> <li>• Hopes and fears for the year</li> <li>• Rights and responsibilities</li> <li>• Rewards and consequences</li> <li>• Rewards and consequences</li> <li>• Our Learning Charter</li> <li>• Owing our learning charter</li> </ul>	<ul style="list-style-type: none"> <li>• Boys and girls</li> <li>• Boys and girls</li> <li>• Why does bullying happen?</li> <li>• Standing up for myself and others</li> <li>• Making new friends</li> <li>• Celebrating differences and still being friends</li> </ul>	<ul style="list-style-type: none"> <li>• Goals to success</li> <li>• My learning strengths</li> <li>• Learning with others</li> <li>• A group challenge</li> <li>• Continuing our group challenge</li> <li>• Celebrating our achievement</li> </ul>	<ul style="list-style-type: none"> <li>• Being healthy</li> <li>• Being relaxed</li> <li>• Medicine safety</li> <li>• Eating healthy</li> <li>• Eating healthy</li> <li>• The healthy me cafe</li> </ul>	<ul style="list-style-type: none"> <li>• Families</li> <li>• Keeping safe- exploring physical contact</li> <li>• Friends and conflict</li> <li>• Secrets</li> <li>• Trust and appreciation</li> <li>• Celebrating my friendships</li> </ul>	<ul style="list-style-type: none"> <li>• Cycles of nature</li> <li>• Growing from old to young</li> <li>• The changing me</li> <li>• Assertiveness</li> <li>• Looking ahead</li> </ul>

Key Stage 2 Cycle 1

Jupiter Mercury	<ul style="list-style-type: none"> <li>• Becoming a class 'team'</li> <li>• Being a school citizen</li> </ul>	<ul style="list-style-type: none"> <li>• Judging by appearances</li> <li>• Understanding influences</li> </ul>	<ul style="list-style-type: none"> <li>• Hopes and dreams</li> <li>• Broken dreams</li> <li>• Overcoming disappointment</li> <li>• Creating new dreams</li> <li>• Achieving goals</li> <li>• We did it!</li> </ul>	<ul style="list-style-type: none"> <li>• My friends and me</li> <li>• Group dynamics</li> <li>• Smoking</li> <li>• Alcohol</li> <li>• Healthy friendships</li> <li>• Celebrating my inner strength and assertiveness</li> </ul>	<ul style="list-style-type: none"> <li>• Relationship web</li> <li>• Love and loss</li> <li>• Memories</li> <li>• Are animals special?</li> <li>• Special pets</li> <li>• Celebrating my relationships with people and animals</li> </ul>	<ul style="list-style-type: none"> <li>• Unique me</li> <li>• Circles of change</li> <li>• Accepting change</li> <li>• Looking ahead</li> </ul>
Stage 4 scheme	<ul style="list-style-type: none"> <li>• Right responsibilities and democracy</li> <li>• Rewards and consequences</li> <li>• Our Learning Charter</li> <li>• Owning our Learning Charter</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding bullying</li> <li>• Problem-solving</li> <li>• Special me</li> <li>• Celebrating difference: how we look</li> </ul>				

Venus Neptune	<ul style="list-style-type: none"> <li>• My year ahead</li> <li>• Being a global citizen 1</li> <li>• Being a global citizen 2</li> </ul>	<ul style="list-style-type: none"> <li>• Am I normal</li> <li>• Understanding disability</li> <li>• Power struggles</li> <li>• Why bully</li> </ul>	<ul style="list-style-type: none"> <li>• Personal learning goals</li> <li>• Steps to success</li> <li>• My dream for the world</li> </ul>	<ul style="list-style-type: none"> <li>• Food</li> <li>• Drugs</li> <li>• Alcohol</li> <li>• Emergency aid</li> <li>• Emotional and mental health</li> </ul>	<ul style="list-style-type: none"> <li>• My relationship web</li> <li>• Love and loss 1</li> <li>• Love and loss 2</li> <li>• Power and control</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Year 5 only</u></li> <li>• Self and body image</li> <li>• Puberty</li> <li>• Looking ahead</li> </ul>
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<p>Stage 6 scheme apart from Summer 2</p>	<ul style="list-style-type: none"> <li>• The Learning Charter</li> <li>• Our Learning Charter</li> <li>• Owing our Learning Charter</li> </ul>	<ul style="list-style-type: none"> <li>• Celebrating difference</li> <li>• Celebrating difference</li> </ul>	<ul style="list-style-type: none"> <li>• Helping to make a difference</li> <li>• Helping to make a difference</li> <li>• Recognising achievements</li> </ul>	<ul style="list-style-type: none"> <li>• Managing stress</li> </ul>	<ul style="list-style-type: none"> <li>• Being safe with technology 1</li> <li>• Being safe with technology 2</li> </ul>	<ul style="list-style-type: none"> <li>• Looking ahead to Year 6</li> <li>• <u>Year 6 only</u></li> <li>• My self image</li> <li>• Puberty</li> <li>• Girl/boy talk</li> <li>• Babies – conception to birth</li> <li>• Attraction</li> <li>• Transition to high school</li> </ul>
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Key Stage 2 Cycle 2

Jupiter Mercury	<ul style="list-style-type: none"> <li>• Getting to know each other</li> <li>• Our nightmare school</li> <li>• Our dream school</li> <li>• Rewards and consequences</li> <li>• Our Learning Charter</li> <li>• Owing our Learning Charter</li> </ul>	<ul style="list-style-type: none"> <li>• Families</li> <li>• Family conflict</li> <li>• Witness and feelings</li> <li>• Witness and solutions</li> <li>• Words that harm</li> <li>• Celebrating difference: compliments</li> </ul>	<ul style="list-style-type: none"> <li>• Dreams and goals</li> <li>• My dreams and ambitions</li> <li>• A new challenge</li> <li>• Our new challenge</li> <li>• Our new challenge – overcoming obstacles</li> <li>• Celebrating my learning</li> </ul>	<ul style="list-style-type: none"> <li>• Being fit and healthy</li> <li>• Being fit and healthy</li> <li>• What do I know about drugs?</li> <li>• Being safe</li> <li>• Being safe at home</li> <li>• My amazing body</li> </ul>	<ul style="list-style-type: none"> <li>• Family roles and responsibilities</li> <li>• Friendship</li> <li>• Keeping myself safe</li> <li>• Being a global citizen 1</li> <li>• Being a global citizen 2</li> <li>• Celebrating my web of friends</li> </ul>	<ul style="list-style-type: none"> <li>• How babies grow</li> <li>• Babies</li> <li>• Outside body changes</li> <li>• Inside body changes</li> <li>• Family stereotypes</li> <li>• Looking ahead</li> </ul>
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Venus Neptune	<ul style="list-style-type: none"> <li>• My year ahead</li> <li>• Being me in Britain</li> <li>• Year 5 responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>• Different cultures</li> <li>• Racism</li> <li>• Rumours and name-calling</li> </ul>	<ul style="list-style-type: none"> <li>• When I grow up (my dream lifestyle)</li> </ul>	<ul style="list-style-type: none"> <li>• Smoking</li> <li>• Alcohol</li> <li>• Emergency aid</li> <li>• Body image</li> </ul>	<ul style="list-style-type: none"> <li>• Recognising me</li> <li>• Getting on and falling out</li> <li>• Girlfriends and boy friends</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Year 5 only</u></li> <li>• Self and body image</li> <li>• Puberty</li> <li>• Looking ahead</li> </ul>
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<p>Stage 5 scheme apart from Summer 2</p>	<ul style="list-style-type: none"> <li>• Rewards and consequences</li> <li>• Our Learning Charter</li> <li>• Owning our Learning Charter</li> </ul>	<ul style="list-style-type: none"> <li>• Types of bullying</li> <li>• Does money matter</li> <li>• Celebrating difference across the world</li> </ul>	<ul style="list-style-type: none"> <li>• Investigating jobs and careers</li> <li>• My dream job. Why I want it and the steps to get there</li> <li>• Dreams and goals for young people in other cultures</li> <li>• How we can support each other</li> <li>• Rallying support</li> </ul>	<ul style="list-style-type: none"> <li>• My relationship with food</li> <li>• Healthy me</li> </ul>	<ul style="list-style-type: none"> <li>• Girlfriends and boyfriends</li> <li>• Relationships and technology</li> <li>• Relationships and technology</li> </ul>	<ul style="list-style-type: none"> <li>• Looking ahead to Year 6</li> <li>• <u>Year 6 only</u></li> <li>• My self image</li> <li>• Puberty</li> <li>• Girl/boy talk</li> <li>• Babies – conception to birth</li> <li>• Attraction</li> <li>• Transition to high school</li> </ul>
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